



# Parks & Recreation Programs and Events Guide FALL 2002



Marymoor Regional Park can meet  
all your facility needs.

[www.metrokc.gov/parks](http://www.metrokc.gov/parks)

## NEW WAY OF BUSINESS

King County faces an estimated \$52 million current expense shortfall in 2003 that is imposing the need for major cuts in all areas of King County general government. The challenge before us is great, but I am optimistic we will come out with a strong plan that will allow us to provide open spaces, parks and recreational opportunities for our residents.



While active recreation remains incredibly important to the citizens of King County, our budget crises made us look at reviewing our park and recreation activities and plans. Two task forces have been hard at work looking for ways to maximize recreational facilities and services to the public. The Metropolitan Parks Task Force and the Active Youth Sports and Recreation Commission (AspYRe) recognize that new partnerships and new ways of doing business are needed. They have recommended both long and short-term solutions based on new savings and revenue generations options for putting the park system on stable financial and operational footing, and we are busy putting many of these things into action.

The cornerstone of my plan is to refocus the County's priorities on providing local parks services only in unincorporated King County. We will continue to provide operation and maintenance of regional passive parks, regional active recreation facilities, regional trail systems and resource and ecological land – open space, and five local pools located in unincorporated areas.

By embracing new ways of doing business King County can continue to offer one of the best parks systems in the county by implementing new revenue generating opportunities through higher user fees, partnerships with youth and adult sports organizations, expanding advertising, naming rights and concessions. We will focus on regional parks and unincorporated local facilities. We will initiate higher user fees based on cost of and demand for services, and we will reduce parks management and administrative overhead.

This plan is a preliminary proposal for the 2003 budget, but I am optimistic that if adopted by the King County Council, this new way of doing business will put parks on stable financial footing for the future. We appreciate your ongoing support throughout these changes so we can all enjoy our parks now and in the future.

Ron Sims  
King County Executive

You may e-mail Executive Sims with your comments and suggestions on the future of Parks and Recreation at:  
[exec.sims@metrokc.gov](mailto:exec.sims@metrokc.gov)

## TABLE OF CONTENTS

King County Special Events .....	3
Interpretive Programs .....	4
Stewardship Opportunities .....	5
Teen Programs, Activities & Field Trips .....	5
Partnership and Special Interest Programs .....	6
Aquatic Programs and Swim Lessons .....	7
Specialized Recreation Programs .....	8
Fitness, Health & Wellness Activities .....	9
Where to Find Us .....	10
Registration .....	11

## KING COUNTY COUNCIL MEMBERS

Council Members may be contacted on line at:  
<http://www.metrokc.gov/mkcc/Members/members.htm>

District 1 .....	Carolyn Edmonds
District 2 .....	Cynthia Sullivan
District 3 .....	Kathy Lambert
District 4 .....	Larry Phillips
District 5 .....	Dwight Pelz
District 6 .....	Rob McKenna
District 7 .....	Pete von Reichbauer
District 8 .....	Dow Constantine
District 9 .....	Kent Pullen
District 10 .....	Larry Gossett
District 11 .....	Jane Hague
District 12 .....	David Irons
District 13 .....	Julia Patterson

## King County Parks & Recreation Mission Statement

We enhance quality of life and strengthen communities through parks, natural areas, recreation programs, environmentally-sound land management, and partnerships.

## SPECIAL EVENTS

### MARYMOOR REGIONAL PARK

#### City of Hope Walk-a-Thon

This is a walk-a-thon for breast cancer prevention. Please call 1-800-934-9196 or 425-646-9530 for more information.  
SU, Oct 6

#### Holiday Lights Winter Wonderland

Take a magical ride through a sensational display of lights and animation spanning King County's Marymoor Park. Enjoy one of the largest drive-through light shows in the West right from the comfort of your own car. Over 150 Holiday Light Displays Featured 8 animated scenes and 5 drive through arches create a variety of Holiday Theme Areas. Around each turn you will be dazzled with animated displays...a ski area that reaches over 84 ft., a waving Santa, a Victorian Village, one of the largest nativity scenes and many more!

All Ages

Fee: \$12.00 per vehicle

Daily, Nov 28 - Jan 1 ..... Begins at Dusk



### KING COUNTY FAIRGROUNDS

#### Ducks Unlimited - Enumclaw Chapter

Banquet and auction. For more information, please call 253-261-5369.

T, Sept 17 ..... 6 - 10 pm

#### Creative Expressions Bazaar

Please call 360-825-5448 for information.

F - SU, Sept 20 - 29 ..... 10 am - 7 pm

#### White Knuckle 4 x 4 Swap Meet

Please call 253-840-9408 for information.

SA, Sept 28 ..... 9 am - 4 pm

#### Arts Alive! Dinner and Auction

Please call 360-802-6787 for information.

SA, Oct 19 ..... 6 - 11 pm

#### Halloween Redeemed Concert

Please call 360-802-2936 for information.

### WEYERHAEUSER - KING COUNTY AQUATIC CENTER

Welcome to the Weyerhaeuser King County Aquatic Center. Please note that in addition to the swimming and diving events listed below, the Aquatic Center is open to the public for lap swims, family swims, swimming lessons and more. We also offer pool and room rentals for private parties. For location, directions, event information, pool schedule and more visit the schedule page at [www.metrokc.gov/parks/pools/aquatic.htm](http://www.metrokc.gov/parks/pools/aquatic.htm). Most events are free unless noted.

#### Annual Haunted Pool Activity Swim

Fee: \$3.60

F, Oct 25

#### NW Collegiate Water Polo Tournament

SA-SU, Oct 26 - 27

#### NW Collegiate Water Polo Open

SA-SU, Nov 2 - 3

#### Washington State Boy's High School

Water Polo Champs

Spectator ADMISSION

F-SU, Nov 8 - 10

#### WIAA/Dairy Farmers of Washington Girls

State High School Swimming & Diving

Championship

Visit the web at [www.wiaa.com](http://www.wiaa.com) for more information.

Spectator ADMISSION

TH - SA, Nov 14 - 16

#### Pacific Northwest Swimming Time Trials

Meet

SU, Nov 17

#### Northwest Collegiate Water Polo

Championship

SA - SU, Nov 23 - 24

#### UW Husky Swimming Invitational

TH - SU, Dec 5 - 8

#### Pacific Northwest Swimming Championships

SA - SU, Dec 14 - 15

#### Elf Diving Invitational (Tentative)

SA - SU, Dec 21 - 22

### GREAT AMERICAN SMOKEOUT!

Everyone is welcome to join the Tobacco Youth Coalition in putting out smoking. This program is a partnership between the Tobacco Youth Coalition and King County Parks. Please call Jody at 206-205-8749 for additional information.

FREE

TH, Nov 21 ..... 6 - 9 pm

White Center Park, White Center

### HALLOWEEN CARNIVAL

Jump on your magic carpet and fly down to the White Center Park Halloween Carnival. Carnival games designed for youth ages 10 and under. Game tickets are 10 for \$1.00 and most games are 1-2 tickets. Please call Jody at 206-205-8749 for more information.

All Ages

SA, Oct 26 ..... 2 - 5 pm

White Center Park, White Center

### ACTIVE SPORTS AND YOUTH RECREATION COMMISSION SUMMARY REPORT

After nearly 2 years of hard work, the 19-member Active Sports and Youth Recreation Commission presented a new vision for the region's parks, sports, and recreation system. Based on community empowerment, system entrepreneurship, and multi-jurisdictional leadership, the vision should provide the framework for moving our region into a parks, sports, and recreation renaissance. The Commission believes that the region will work through its current parks funding crisis and hopes to see components of the new vision in place as soon as next year. A synopsis of the vision and the profiling of 100 different sports and recreation opportunities in King County can be found at [www.metrokc.gov/parks/asyc](http://www.metrokc.gov/parks/asyc).

The Commission continues to work on the mapping and inventory of all sports and recreation amenities in King County and will also be instrumental in assisting the County in developing community-based partnerships for new parks, sports, and recreation opportunities. With over 60 jurisdictions and hundreds of community-based organizations involved in providing sports and recreation opportunities, there are infinite resources, ideas, and potential partnerships. Stay tuned to the King County Parks website for information in the coming months about exciting new partnership opportunities for sports associations, user groups, and community organizations. For more information about the Active Sports and Youth Recreation Commission, including Commissioner vacancies, please contact T.J. Davis at [tj.davis@metrokc.gov](mailto:tj.davis@metrokc.gov) or 206-296-4150.

## INTERPRETIVE PROGRAMS

Please call 206-296-4171, toll free, 800-325-6165 ext. 6-4171, fax us at 206-205-5433 or via e-mail at [IPO.parks@metrokc.gov](mailto:IPO.parks@metrokc.gov) and make your reservations today! You can also find the interpretive programs information on the web at [www.metrokc.gov/parks/events/tracks.htm](http://www.metrokc.gov/parks/events/tracks.htm).

### JUST ANOTHER DAY AT THE BEACH

Join a Park Naturalist on the beach for one of the last daytime minus tides of the year. In the water, under rocks and in the sand - learn about the amazing and often strange looking life that inhabits this fragile but diverse environment.

All Ages

**FREE**

**41735**

SA, Sep 7 ..... 10:30 - 11:30 am

Seahurst Beach Park, Burien

### YOU'RE THE WATER SCIENTIST

Join a Park Naturalist for your chance to be a water scientist! Prior to the salmon arriving we will use advanced scientific equipment to test the waters and evaluate the habitat for salmon spawning.

Ages 7 & up

Fee: \$5.00 adult/\$3.00 child

**41736**

SA, Sep 14 ..... 1 - 2:15 pm

Cavanaugh Pond Natural Area, Renton

**41737**

W, Sep 18 ..... 5:45 - 7 pm

Bear Creek Park, Redmond

### A WALK THROUGH TIME

Did you know King County's largest park was once home of a bustling coal town? An experienced naturalist will lead you to the sites that reveal the rich history of Cougar Mountain.

Ages 12 & up

**FREE**

**41738**

SA, Sep 14 ..... 10 - 11:30 am

Cougar Mountain Regional Wildland Park, Bellevue

### DIRT TIME!

Expert nature trackers often promote the concept of "doing dirt time" for those who want to hone their nature awareness skills. We will get down on our knees and bellies and peek inside the world of animals and plants from a totally different perspective. Wear grubbies.

Ages 8 & up

Fee: \$15.00

**46059**

SA, Sep 28 ..... 10:30 - 11:30 am

Three Forks Natural Area, Snoqualmie

### SPIDER HIKE

Join a Park Naturalist on an outing to unravel the web of mystery surrounding these amazing animals that often don't often get the respect they deserve.

Ages 6 & up

Fee: \$5.00 adult/\$3.00 child

**41740**

T, Sep 17 ..... 6 - 7 pm

Big Finn Hill Park, Kirkland

**41741**

SA, Oct 12 ..... 10 - 11 am

Gary Grant Park/Soos Creek Trail, Kent

### SAMMAMISH RIVER SALMON SALUTE

Celebrate the annual return of salmon on the Sammamish River by taking a stroll along the Sammamish River Trail. Salmon can be seen spawning in late summer and early fall. Look for a Naturalist along the trail at a "stroll-by" station. This is a program offered in cooperation with the City of Redmond.

All Ages

**FREE**

**45992**

SA, Sep 28 ..... 1 - 3 pm

**45993**

SA, Oct 12 ..... 1 - 3 pm

**45994**

SA, Oct 26 ..... 1 - 3 pm

Sammamish River Trail, Redmond

### PLANT SEARCH AND RESCUE

Would you like to learn about special local plants and animals while having some fun along the way? We'll discuss fun facts about the park residents and help the "locals" by doing a Scot's Broom pull. Pulling this invasive plant is easy to do and its removal will help the habitat.

Ages 6 & up

**FREE**

**45068**

SU, Oct 13 ..... 4 - 6 pm

Marymoor Regional Park, Redmond

### CYCLIN' FOR SALMON

Sockeye salmon are swimming up the Cedar River. Why not cycle upstream with them? This bike ride will follow the Cedar River Trail to Cavanaugh Pond Natural Area, a spawning site for sockeye salmon. The trail is level and paved. Round trip is 9 miles. Helmets required. This program is a partnership with the City of Renton Parks & Recreation.

Ages 10 & up

**FREE**

**45989**

SU, Oct 20 ..... 1 - 4 pm

**45990**

SU, Nov 3 ..... 11 am - 2 pm

Renton Community Center, Renton

### SPOOKY SPIDERS AND SLITHERING SNAKES

As Halloween approaches, explore the intriguing worlds of the often feared and misunderstood spider and snake. Why are we so afraid of these animals? Let's look into some of the myths that give these two a bad reputation.

Ages 6 & up Fee: \$5.00/\$3.00

**41733**

TH, Oct 24 ..... 6:30 - 7:30 pm

Lake Wilderness Park, Maple Valley

**41734**

T, Oct 29 ..... 6:30 - 7:30 pm

Preston Community Center, Preston

### COOL COUGARS AND BEARS

Have you ever been out enjoying a local natural area and found yourself wondering if there could be cougars or bears nearby? The answer is yes! It's a good idea to know what to do if you should ever encounter one.

Ages 6 & up

**FREE**

**45069**

TH, Nov 7 ..... 7 - 8 pm

Preston Community Center, Preston

**45070**

TH, Nov 14 ..... 7 - 8 pm

Lake Wilderness Park, Maple Valley

### BUSTLIN' BEAVER BUILDERS

Are beavers really the busy critters everyone says they are? Find out as you join a Park Naturalist to talk about the incredible beaver and take a look at a beaver pelt and skull.

Ages 5 & up Fee: \$3.00 per child

**45072**

T, Nov 19 ..... 4:30 - 5:30 pm

Gold Creek Park, Woodinville



## STEWARDSHIP OPPORTUNITIES

### FALL FOR SALMON

The return of the salmon to the streams of their birth is a natural wonder of the Pacific Northwest. Join King County, celebrate salmon and take action to help secure their existence in the future. You can find salmon watching and other related information at <http://dnr.metrokc.gov/fall4salmon>.

### PLACES TO WATCH SALMON

Fall is the time to spot sockeye, chinook, and coho salmon as they return to our local streams and rivers to spawn. To witness this spectacle join an activity go to <http://dnr.metrokc.gov/fall4salmon> or arrange your own salmon watching adventure.

### GET LEAN AND GREEN!

The Green Works team will help you go green at work. Reduce the paper avalanche at the office, lighten the load of junk mail, find a recycler and much more. Check out the program at [http://dnr.metrokc.gov/swd/bizprog/rec\\_assist/assist.htm](http://dnr.metrokc.gov/swd/bizprog/rec_assist/assist.htm)

### VOLUNTEER PROJECTS

- **Cavanaugh Pond Restoration Project**  
SA, Oct 5, Nov 2 & 9 ..... 9 am - 1 pm
- **Luther Burbank Wetland Restoration**  
SA, Nov 16 ..... 9 am - 1 pm
- **Sammamish ReLeaf**  
SA, Oct 5, 12, 19 ..... 10 am - 2 pm
- **Whitney Bridge River Restoration**  
SA, Oct 5 1 ..... 0 am - 2 pm
- **Green River Desimone Levee**  
SA, Oct 26 ..... 9 am - 1 pm
- **Snoqualmie River Planting**  
SA, Oct 12 & Nov 23 ..... 10 am - 2 pm
- **Pot a Tree - King County Greenhouse**  
SA, Nov 9 ..... 9 am - 1 pm

### COMPOST AT BIG DISCOUNTS

Using compost is a great way to feed the soil, as mulch to smother winter weeds, prevent erosion and conserve water. For participating retailers, check out [www.savingwater.org](http://www.savingwater.org) or call the Natural Lawn and Garden Hotline at 206-633-0224. King County, the Saving Water Partnership and select compost retailers make the deals possible.

### PARK AMBASSADORS

Wanted: Volunteer Park Ambassadors, who will be responsible for the maintenance of restoration projects. The volunteers receive training, a hat, vest, and pack, and free admission to King County pools and interpretive programs. For more information, contact Tina Miller at (206) 296-2990 or [tina.miller@metrokc.gov](mailto:tina.miller@metrokc.gov).

### ADOPT A PARK

Adopt a park and help improve and maintain King County lands. Groups can **Adopt a Park** or portion of a trail by volunteering at the site at least four times in a 12-month period. Clean-up projects, tree plantings, weeding and watering, and monitoring wildlife are efforts that help enhance the beauty of public lands. For more information, contact Tina Miller at (206) 296-2990 or [tina.miller@metrokc.gov](mailto:tina.miller@metrokc.gov).

## TEEN PROGRAMS & ACTIVITIES

### SI VIEW PARK TEEN PROGRAM

Are you 12-19 years old and looking for a fun and safe place to hang out on Saturday night? This is the place for you! Teen Night is open every Saturday night. Make new friends, talk with caring adults, or come to hang out in a creative, fun and safe environment. Call 206-296-2964 for more information. Location: 400 SE Orchard in North Bend. The majority of programs are **FREE!**

Ages 12 - 19

**FREE**

SA, Sept 14 - Dec 21 ..... 6:30 - 10 pm

- Basketball
- Field Trips
- Arts & Crafts
- Volleyball
- Food!
- Cooking Classes

Si View Park Community Center, North Bend

### WHITE CENTER PARK TEEN PROGRAM

"The Log Cabin." Have you driven or walked by the big building at White Center Park? Have you ever wondered what's in that place? NOW is your chance to find out. There is an incredible full length basketball court, a full kitchen, and a resource center with computers and internet access. When you want to just relax with friends we also have pool tables, foosball, and a wide variety of games. All youth and teens 12-19 years old are welcome to participate in a variety of fun activities and field trips. Call 206-296-4542 for more information and an updated schedule of activities. Pick up a monthly calendar of events at The Log Cabin.

### FREE TEEN ACTIVITIES

- Burnt Toast
- Basketball
- The Hot Spot
- Racquetball
- Golf
- Chess
- Silent Chat
- Creative Corner
- Let's Kick It! for girls

Ages 12-19

T-TH, Sept 4 - Dec 28 ..... 4-9 pm

F-SA, Sept 4 - Dec 28 ..... 5-10 pm

White Center Park Community Center, White Center

### WEST HILL TEEN PROGRAM

The West Hill Community Center is open for FREE supervised drop-in recreation for teens, adults and families. Teens can take advantage of our weekly classes as well as drop-in sports, video games, pool, ping pong, foosball, air hockey and educational computer programs such as SAT/ACT test practice. Quarterly program calendars outline a variety of fall trips. They are available at the community center, Dimmitt Middle School and the Skyway Library. Call 206-205-8333 for more information.

### FREE TEEN ACTIVITIES

- Cooking Class
- Drama Class
- Arts & Crafts
- Cheerleading
- Teen Research/Study Group

Ages 11-19

M ..... 2:30-7:30 pm

T-TH ..... 2:30-9 pm

F ..... 2:30-10 pm

## PARTNERSHIPS & SPECIAL INTEREST

### JAZZERCISE

Looking for a fun way to get and stay in shape? **Jazzercise** has it all! We offer a unique blend of moves and music that will make you move and groove and tighten and tone...it's designed for everyone from beginners to advanced. Our friendly classes meet Monday - Wednesday at 6:10 pm and Sat. at 8:30 AM. NEW this fall are our morning classes Tuesday/Thursday at 9:30 AM (with babysitting!) Come try your first class FREE. We have no long term contracts and you can start anytime....only \$34 a month for unlimited classes. Call Karen for more info at 425-432-1872

### DANCE MOTION

We offer combo classes for ages 3-14, including Tap, Jazz and Ballet. Participants also get to perform 2 to 3 times a year including the annual dance recital. Classes are held on Tuesdays and Wednesday. Dance Motion has started a Company team that competes, performs and travels to different workshops throughout the year. Everyone age 8 to 18 can try out on Sept. 26. Please call Michelle at 425-432-4719 or 206-551-8048 for information.

### INDOOR PARK AT GRACIE HANSEN GYM

Informal play time for children ages infant - 5 and their parent/caregiver. Mondays & Fridays, 10 am - 11:30 am, beginning September 9. Sponsored by the Greater Maple Valley Community Center. Fee is \$2 per family. Please call 425-432-1272 for more information.

### SNO-VALLEY INDOOR PLAYGROUND

This non-profit organization provides a safe, structured environment for young children to play and use their large motor and social skills while parents interact with one another. Parents are asked to help set up and take down toys.

Ages Infant - age 5 with parent/caregiver

Fee: \$1.00

M, W, F, Sept 9 - Dec 20 ... 9:30 - 11:30 am  
Si View Park Community Center, North Bend

### FALL PLANT SALE

The sale will offer a variety of fall blooming perennials, rhododendrons, azaleas, native plants, trees and shrubs. Fall is often the BEST time for planting. Shop early!

SA, Sept 14 ..... 10 am - 4 pm

South King County Arboretum, Maple Valley

### ANNUAL TRAIN SHOW

The 5<sup>th</sup> Annual Train Show for children of all ages who love to watch model trains in action! Featuring operating layouts in all gauges! Visit the web:

<http://mytown.koz.com/community/trainshow>.

All Ages

Fee: \$3.00 adults/\$1.00 children 3 - 11

SA-SU, Oct 19 - 20 ..... 10 am - 5 pm

Gracie Hansen Community Center,  
Ravensdale

### SCRAPBOOKING AND CRAFTS

Looking for a night out with great company? Or looking for an activity to share with your teen? Bring your teenager and teach them the art of scrapbooking or any craft you wish to work on. Six tables are available for rent during drop-in sports activity nights with lots of room to spread out your supplies with plenty of time to accomplish your task.

Ages 13 & up

Fee: \$3.00/per class

**45886**

M-W, Sept 9 - Nov 6 ..... 7:30 - 10 pm

Gracie Hansen Community Center,  
Ravensdale

### FRIENDSHIP GROUP - FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

Build self-confidence and learn needed social skills through imaginative role playing, games and creative activities. Led by a licensed mental health counselor and a former elementary teacher, your child will learn that making friends is fun! Contact Carrie Sheppard at 253-859-3505 for a screening questionnaire, developmental level placement and details on registration and program fees. No class 10/31 or 11/28.

Ages 4 - 12

Fee: Most insurance plans accepted

Session 1

Sept 12 - Dec 12

Group 1, TH, ..... 4-5:10pm

Group 2, TH, ..... 5:30-6:40pm

Lake Wilderness Center, Maple Valley



Here's a peek at the Clise Mansion at Marymoor Regional Park.

### HAVE YOUR EVENT AT KING COUNTY PARKS!

King County Parks provides great facilities to rent for all occasions:

Meetings & Banquets

Birthday parties

Weddings

Company picnics

Family reunions

Overnight campgrounds

and much more!

We have a facility to meet your needs! Check out all our rental possibilities on the web at [www.metrokc.gov/parks/rentals/rentals1.htm](http://www.metrokc.gov/parks/rentals/rentals1.htm) or call us at 206-296-4232.

Our popular indoor facilities include:

- Clise Mansion at Marymoor Park
- Issaquah Lodge at Beaver Lake
- Gold Creek Lodge in Woodinville
- Cottage Lake Meeting Center, Woodinville
- Lake Wilderness Center, Maple Valley
- West Hill Community Center
- King County Fairgrounds, Enumclaw
- K C Aquatic Center Banquet Hall
- White Center Community Center
- Preston Community Center
- Gracie Hansen Community Center
- Si View Activity Center

# AQUATICS

We operate 14 indoor and two outdoor seasonal swimming facilities throughout the County. Each pool offers 25-yard lap lanes (Si View's are 50 feet), programs, and lessons for participants from infants through seniors. These include: Group, Semi-Private or Private Swimming Lessons; Water Exercise; Lifeguard Training; First Aid; Water Safety Instructor Training; Diving; Pre Competitive; and CPR for the Professional Rescuer. Please check your local pool for availability of your favorite programs. Visit the web at <http://www.metrokc.gov/parks/pools/pools1.htm> for details on each pool.

## WATER LINEUP!

In addition to lessons, pools offer a variety of diverse activities. Here's just a sample!

- Public swim
- Water exercise
- Pool parties
- Float-in Movies
- Kayaking
- Pool rentals
- Lapswim
- Water polo
- Diving
- Water aerobics
- SCUBA
- Family swim



## SWIM LESSONS

Lessons for all abilities are available for students year round, from ages 6 months through senior citizens. Placement tests are held free of charge to determine proper class level. The placement test takes approximately five minutes; but is necessary for correct lesson level placement. Private and semi-private lessons are also available.

## INFANT/TODDLER PARENT

This program provides a basic introduction to the aquatic environment, focusing on the parent and child as one learning unit. Introduction to supported movement and other skills. Parents must participate in program with toddler.

Ages 6 months - 3 years

## ADULT

Adult lessons are structured to meet the needs of the individual students.

Ages 16 & up

## KING COUNTY POOLS

Auburn .....	516 4th NE, Auburn .....	253-939-8825
Enumclaw .....	420 Semanski St S, Enumclaw .....	360-825-1188
Evergreen .....	606 SW 116th, Seattle .....	206-296-4410
Federal Way .....	30421 16th Ave S, Federal Way .....	253-839-1000
Kent .....	25316 101st Ave SE, Kent .....	206-296-4275
Mercer Island .....	8815 SE 40th St, Mercer Island .....	206-296-4370
Mt. Rainier .....	22722 19th Ave S, Des Moines .....	206-296-4278
Northshore .....	9815 NE 188th St, Bothell .....	206-296-4333
Redmond .....	17535 NE 104th St, Redmond .....	206-296-2961
Renton (Lindbergh) .....	16740 128th Ave SE, Renton .....	206-296-4335
Si View .....	400 SE Orchard Dr, North Bend .....	425-888-1447
South Central (Foster) .....	4414 S 144th, Seattle .....	206-296-4487
Tahoma .....	18230 SE 240th, Kent .....	206-296-4276
Weyerhaeuser/King County Aquatic Center .....	650 SW Campus Dr, Federal Way	206-296-4444

## PRESCHOOL 1 - LEVEL 5

Introduces the swimmer to water safety education, develops basic swimming skills including elementary propulsion in the water, floating skills, unassisted swimming for 25 yards or more, breath control, adjustment to deep water swimming, develops coordination, strength and endurance skills.

Ages 3 - 6

## YOUTH LEVEL 1 - 7

Introduces the swimmer to water safety education, develops basic swimming skills, crawl stroke, rhythmic breathing, increased coordination and endurance, backstroke, breaststroke and side-stroke, diving from diving board, proficiency in fundamental strokes and skills, introduction to approach stroke, flip turns, and surface dives.

Ages 6 - 13

## SAFETY TRAINING

King County pools offer a variety of Red Cross training classes including Lifeguard, CPR/First Aid and Water Safety. Please check out the web or call your local pool for specifics.



**Please Note:** Lesson fee varies depending on class size and number of lessons and are subject to change. Check the web page for the most current information at [www.metrokc.gov/parks](http://www.metrokc.gov/parks)

## SPECIALIZED RECREATION

King County Parks & Recreation offers Specialized Recreation programs that are especially designed for people who have developmental disabilities. People with special needs are encouraged to participate in recreational programs offered for the public as well. If you need assistance to participate, please let us know. Due to limited space, pre-registration is required for all programs. The Gold Creek facility has some physical barriers to accessibility. There are two accessible bunks and reasonable accommodations are available to individuals with disabilities. Please call 206-205-8334 or 206-296-2964 for additional information or to register.

### KENMORE BOWLING

Two games every week. Beginners are welcome. Ramps are available for wheelchair users.

Ages 13 & up  
Fee: \$48.00

**41524**

W, Sept 18 - Nov 20 ..... 4 - 5:30 pm

Kenmore Lanes, Kenmore

### CREATIVE MOVEMENT & DANCE

Create a dance routine for the Halloween dance on October 25.

Ages 16 & up  
Fee: \$39.00

**41526**

M, Sept 22 - Oct 21 ..... 6:30 - 9 pm

Gold Creek Park, Woodinville

### MOVIE MADNESS

Join your friends for lunch and matinee movie. Please bring \$15 - \$20 each week for lunch and movie.

Ages 13 & up  
Fee: \$15.00

**45176**

SA, Sept 28, Oct 26, & Nov 23

..... 11 am - 4 pm

Various Movie Theatres

### THANKSGIVING COOKING

Help prepare our annual Thanksgiving dinner and learn how to make all the homemade fixings. Dinner is provided for the cooks.

Ages 13 & up  
Fee: \$14.00

**41525**

TH, Nov 21 ..... 6 - 9 pm

Gold Creek Park, Woodinville

### THE ART OF CERAMICS

In this 2-day ceramic painting class you will choose and pre-order from a frog, fairy, horse, dolphin, happy face, or butterfly. Please bring a sack lunch. Juice and a dessert provided.

Ages 13 & up  
Fee: \$31.00

**46501**

SU, Nov 17 & 24 ..... 11 am - 3 pm

Marymoor Regional Park, Redmond

### AUTUMN AFTERNOON CRUISE

This multi-parks department cruise includes a DJ, dancing and a guided tour. Light snacks will be served, but PLEASE EAT BEFORE COMING. Transportation limited to 12 registered participants at each pick-up location.

Ages 13 & up

Fee: \$30.00

**45178**

SU, Sep 29 ..... 10:30 am - 4 pm

Kirkland City Docks, 25 W. Lake Shore Plaza, Kirkland

### SPECTACULAR FUN

Ghouls, goblins, vampires and friends are invited to an amazing night of magic. Come in costume and dance. Prizes will be awarded.

Ages 13 & up

Fee: \$14.00

**41517**

F, Oct 25 ..... 7 - 10 pm

Gold Creek Park, Woodinville

### THANKSGIVING DINNER

Join your friends for a delicious traditional Thanksgiving dinner and magic show. Friends, family are welcome to sign up too!

Ages 13 & up

Fee: \$21.00 per person

**41523**

F, Nov 22 ..... 5:30 - 8:30 pm

Gold Creek Park, Woodinville

### SHOP 'TIL YOU DROP

We will decorate wrapping paper and then spend the day 'shopping 'til we drop'!

Ages 16 & up

Fee: \$14.00

**44389**

SU, Dec 1 ..... 9:30 am - 4 pm

Gold Creek Park, Woodinville

### TIS' THE SEASON

End 2002 at our annual Holiday Celebration!! Please bring a \$5.00 gift marked male, female or either.

Ages 16 & up

Fee: \$11.00

**44390**

F, Dec 13 ..... 6 - 9:30 pm

Gold Creek Park, Woodinville

### HOLIDAY CRUISE

East King County residents living North of I-90 are invited to set sail in the annual Holiday Cruise. ALL REGISTRATION WILL BE DONE ON A SPECIAL FORM YOU WILL RECEIVE IN THE MAIL. DO NOT USE THE FORM IN THIS GUIDE. If you registered for the Holiday Cruise in 2001, you are already on the mailing list for a registration form. If you did not register in 2001, please call for a registration form. Trip details will be mailed after we receive your completed registration form. Those living South of I-90, please register for Holiday Cruise, South End. Wheelchair and walker users are welcome on this cruise but must use the Naval Reserve Dock in Seattle. Contact Diane Malmo at Fircrest School to get on the mailing list at 206-361-3658.

Ages 13 & up

**FREE**

**45179**

SU, Dec 8 ..... 3 - 10 pm

Various Cruise Locations

### CELEBRATE FRIENDS!

Enjoy an evening of fun, friends, dinner, tie-dyeing and story telling as we 'Celebrate Friends' at this great fall overnighter!

Ages 16 & up

Fee: \$38.00

**41488**

F - SA, Oct 4 - 5 ..... 6 pm - 11 am

Gold Creek Park, Woodinville

### WEEKEND MINI CAMP

Looking for a two night get away? Join your friends for bowling, a movie, pizza and a pool party. Please bring \$5 for the movie and any extra spending money.

Ages 16 & up

Fee: \$68.00

**41491**

F - SU, Nov 8 - 10 ..... 6 pm - 11 am

Gold Creek Park, Woodinville



## FITNESS, HEALTH & WELLNESS ACTIVITIES

### TONING WITH WEIGHTS

Designed for everyone, this class works your major muscle groups, using hand weights to music. Please supply your own weights. Suggested weights for beginners are 1-3 lbs., intermediate 3-8 lbs., and advanced 8-15 lbs. No class 11/11 and 11/27.

Ages 15 & up  
Fee: \$32.00

**46040**

M, Sep 9 - Dec 16 ..... 6:45 - 7:45 pm

**46042**

W, Sep 11 - Dec 18 ..... 6:45 - 7:45 pm

**46044**

Fee: \$35.00

SA, Sept 14 - Dec 21 ..... 9 - 10 am

Si View Park Community Center, North Bend

### STEP AEROBICS

This low-impact workout involves stepping up and down on the Step Reebok adjustable platform and offers a great cardiovascular challenge. No class 11/28.

Ages 15 & up  
Fee: \$35.00

**46041**

T, Sep 10 - Dec 17 ..... 6:45 - 7:45 pm

Fee: \$32.00

**46043**

TH, Sept 12 - Dec 19 ..... 6:45 - 7:45 pm

Si View Park Community Center, North Bend

### YOGA TOGETHER

Designed for kids and parents to participate together. Class includes stretching, strengthening and preparing the mind and body. Bring a mat, towel or pad.

Ages 10 & up (Ages 10 - 16 with an adult)  
Fee: \$39.00

**45971**

M, Sept 9 - Dec 16 ..... 5:15-6:15pm

Lake Wilderness Center, Maple Valley

### HEALING STRESS WITH YOGA

Do you want to relax, gain body strength and create mental well being? Learn how to combine breathing, relaxation & visualization to improve body flexibility. Bring a towel, mat or pad.

Ages 10 & up  
Fee: \$53.00

**45976**

M, Sept 9 - Nov 4 ..... 6:30 - 8 pm

**45981**

TH, Sept 12 - Nov 7 ..... 9:30 - 11 am

Lake Wilderness Center, Maple Valley

### KENDO

Kendo, a highly technical Japanese sport, develops eye-hand-foot coordination, self-discipline and the basic principles of self-defense. No class 11/11.

Ages 6 & up

Fee: \$70.00

**44987**

M, Sept 23 - Dec 16 ..... 6 - 8:30 pm

White Center Park, White Center

### ADVANCED TOURNAMENT KENDO

Class will focus on functional technical aspects of tournament kendo, conditioning exercises and mental preparation.

Ages 13 & up

Fee: \$35.00/5 classes

**44986**

SA, Sept 21 - Nov 16 ..... 9 am - Noon

White Center Park, White Center

### KINDER GYMNASTICS

These aspiring gymnasts will experience a fun and creative introduction to gymnastics through stretches, jumps, and "animal walks".

Ages 4 - 6

Fee: \$50.00

**41532**

M, Sep 16 - Dec 16 ..... 3:45-4:30pm

Si View Park Community Center, North Bend

### BASIC GYMNASTICS

Students will become proficient at the forward and backward roll, handstand, cartwheel, back bend and back walkover. They will also be introduced to the balance beam and springboard.

Ages 6 - 10

Fee: \$50.00

**41530**

M, Sept 16 - Dec 16 ..... 4:30-5:30pm

Si View Park Community Center, North Bend

### CONTINUING GYMNASTICS

This class is a continuation for those accomplished gymnasts who have mastered the basic class. Students have the desire to learn more advanced skills. Requires instructor permission.

Ages 7 - 12

Fee: \$58.00

**41531**

M, Sept 16 - Dec 16 ..... 5:35-6:35pm

Si View Park Community Center, North Bend

### DROP-IN BASKETBALL

Looking for a fun way to stay in shape and enjoy the company of others? Teams form as you arrive and rotate throughout the session.

Ages 16 & up

Fee: \$3.00 per class

**45878**

M, W, Sept 9 - Dec 18 ..... 8-10pm

Si View Park Community Center, North Bend

### BASKETBALL/WRESTLING

Looking for a refreshing way to stay in shape? Or need a few hours of healthy fun? Teams form as you arrive and rotate throughout the session. Or is your passion wrestling? We have mats to brush up on your wrestling skills.

Ages 13 & up

Fee: \$3.00 per class

**45879**

T, Sept 10 - Dec 17 ..... 7:30-10pm

**45881**

SA, Sept 14 - Dec 14 ..... 10am-12:30pm

Ages 18 & up

**45880**

W, Sept 11 - Dec 18 ..... 7:30-10pm

Gracie Hansen Community Center, Ravensdale

### SOCCER/WRESTLING

Keep your foot skills sharp by practicing soccer in an indoor gym during our rainy fall weather. Or is your passion wrestling? We have mats to brush up on your wrestling skills.

Ages 13 & up

Fee: \$3.00 per class

**45885**

M, Sept 9 - Dec 16 ..... 7:30-10pm

**45957**

TH, Sept 12 - Dec 19 ..... 7:30-10pm

Ages 21 & up

**45887**

SU, Sept 15 - Dec 15 ..... 3-5:30pm

Gracie Hansen Community Center, Ravensdale

### DROP-IN PICKLEBALL

Looking for a low impact sport that still gives you a great vascular workout? Three courts rotate play. All welcome.

Ages 10 & up

Fee: \$3.00 per class

**45884**

SU, Sept 15 - Dec 15 ..... 6-8 pm

Gracie Hansen Community Center, Ravensdale

## HOW TO FIND US

### **SOUTH DISTRICT RECREATION OFFICE**

Office Hours: T, TH, F ..... 10 am - 4 pm  
..... M, W ... 10 am - 7 pm  
Lake Wilderness Center 22500 SE 248th  
Maple Valley WA 98038-8560  
Mailing Address: PO Box 380  
Maple Valley WA 98038  
Phone: 206-296-4281  
Fax: 206-296-0183  
Toll Free: 800-325-6165, ext.6-4281

### **NORTH DISTRICT RECREATION OFFICE**

Office Hours: M - F ..... 10 am - 4 pm  
Marymoor Regional Park  
6046 W Lake Sammamish Pkwy NE  
Redmond WA 98052  
Mailing Address: PO Box 3517  
Redmond WA 98073-3517  
Phone: 206-296-2964  
Fax: 206-296-2968  
Toll Free: 800-325-6165, ext.6-2964

### **ACCESSIBILITY**

Individuals with or without disabilities may register for all programs offered by King County Parks & Recreation provided program and safety requirements can be met. King County provides reasonable accommodations for people with disabilities. Please contact the Recreation District Office where the program is registered three (3) weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case-by-case basis.

### **NON-DISCRIMINATION POLICY**

King County Parks & Recreation does not discriminate on the basis of race, color, national origin, creed of religion, sex, sexual orientation, age or disability. You may file a grievance with the King County Office of Civil Rights and Compliance at 206-296-7592 or call Telephone Relay Service: 711

### **WHITE CENTER PARK COMMUNITY CENTER YOUTH/TEEN PROGRAMS**

Office Hours: M - F ..... 10 am - 4 pm  
1205 SW 102nd Seattle WA 98146  
Mailing Address: PO Box 66514  
Seattle WA 98166  
Phone: 206-296-2956  
Fax: 206-296-2997  
Toll Free: 800-325-6165, ext.6-2956

### **WEST HILL COMMUNITY CENTER**

Program Hours: M ..... 2:30-7pm  
T-TH ..... 2:30-9pm  
F ..... 2:30-10pm  
12400 80th Ave S  
Mailing Address: PO Box 78038  
Seattle WA 98178  
Phone: 206-205-8330  
Fax: 206-205-8336  
Toll Free: 800-325-6165, ext.5-8330

### **INTERPRETIVE PROGRAMS OFFICE**

Office Hours: M - F ..... 10 am - 4 pm  
11829 97th NE, Kirkland WA 98034  
Mailing Address:  
9805 NE 116th #7408 Kirkland WA 98034  
Phone: 206-296-4171  
Fax: 206-205-5433  
Toll Free: 800-325-6165, ext.6-4171

### **FREQUENTLY ASKED FOR NUMBERS**

Audubon Society/E. Lk. Washington.  
• 425-451-3717  
Bellevue Baseball/Softball  
• 425-746-4592  
Cricket Group  
• 206-365-2699  
King County Library Web Site  
. www.kcls.org  
Lk WA Youth Soccer Assoc.  
• 425-883-3009  
Maple Valley Youth Soccer  
• 253-638-9102  
Maple Valley Youth Softball (K-2)  
• 206-296-4281  
So. King County Arboretum  
Foundation.  
• 425-413-2572  
Maple Valley Community Center  
• 425-432-1272  
State Boat Launch  
• 425-775-1311  
Serve Our Dogs Areas at Marymoor  
• 425-883-8908  
SKIFORALL  
• 425-883-8908  
Tahoma Learning Community  
• 425-413-3400  
Velodrome Bike Association website  
• marymoor.velodrome.org

### **REFUND POLICY**

For all Recreation and Aquatic activities and programs, 100% of the course fee, less a \$5.00 refund processing fee, will be refunded if a participant requests a refund a minimum of five (5) days before a class is scheduled to begin. This fee will be assessed for each registered participant requesting their refund. A 100% refund will be issued if King County Parks & Recreation must cancel a program.

**This brochure available  
in alternate formats  
upon request.  
Telephone Relay Service**

# Register Now!



**King County**

Department of  
Natural Resources and Parks

- By Phone
- Walk-in
- Via Fax
- By Mail

## KING COUNTY DIVISION OF PARKS & RECREATION REGISTRATION FORM

*Make checks payable to King County Parks & Recreation*

Adult/Guardian \_\_\_\_\_

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone#, Home \_\_\_\_\_ Work \_\_\_\_\_ Emergency \_\_\_\_\_ Email \_\_\_\_\_

CLASS	LOCATION	START DATE	DAY/TIME	COST\$
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____

VISA/MC# \_\_\_\_\_ Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

**King County Hold Harmless.** The undersigned adult on behalf of themselves or their child or children agree to hold King County, its agents, employees and officials, while acting within the scope of their duties harmless from all causes of action, demands and claims, including the costs of their defense, arising in favor of myself or the child participant or third parties on account of personal injuries, death or damage to property arising out of activities at the premises and in any ways connected with the activities of myself or the child participant in the King County Parks division recreation programs except for those acts or commissions which are the sole negligence of King County, its agents, employees and officials.

Subtotal \$ \_\_\_\_\_  
Donation \$ \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

Yes ☐ No ☐ I give my permission to King County Division of Parks & Recreation to use my photograph and/or my child's for promotional purposes.

**Parent/Guardian Signature** \_\_\_\_\_

I would like to contribute ☐ \$1.00 ☐ \$2.00 ☐ \$5.00 ☐ \$10.00 or ☐ other \_\_\_\_\_ to the Scholarship Fund. This fund allows children to attend a Recreation Program in your community who otherwise would not be able to participate. Please include this with your payment. Thank you for your generous donation.

South District Office: Lake Wilderness Center  
PO Box 380, Maple Valley WA 98038-8560  
Phone: 206-296-4281 Fax: 206-296-0183

Youth/Teen Office: White Center Community Center  
PO Box 66514, Seattle WA 98166  
206-296-2956 Fax: 206-296-2997

North District Office: Marymoor Regional Park  
PO Box 3517, Redmond WA 98073  
Phone: 206-296-2964 Fax: 206-296-2968

Interpretive Programs: 9805 NE 116th #7408  
Kirkland WA 98034  
206-296-4171 Fax: 206-205-5433

West Hill Com Center: PO Box 78038, Seattle WA 98178  
206-205-8330 Fax: 206-205-8336



We have a facility to meet your needs! Check out all our rental possibilities on the web at [www.metrokc.gov/parks/rentals/rentals1.htm](http://www.metrokc.gov/parks/rentals/rentals1.htm) or call us at 206-296-4232. More details on page 6.



## King County

Department of  
Natural Resources and Parks  
**Parks and Recreation Division**  
2040 84th Avenue Southeast  
Mercer Island, WA 98040